



Public Authority for IHSS in Alameda County

Online Training Schedule

The Public Authority for IHSS in Alameda County provides
FREE training to active IHSS Providers and Recipients

[CLICK HERE TO REGISTER FOR CLASSES!](#)

Online Class Offerings for January 2025:

- A New Year, A Healthier You**
January 7th (Tuesday) 2:00 pm - 3:00 pm
Instructor: Georgina Martinez, Digital Health Promotion Representative with Independence @ Home. Thinking about your New Year's Resolutions? Coming up with them is easy enough but keeping them is sometimes harder to do. Join us to learn how to make AND keep New Year's Resolutions for a healthier you!
- ¡Un Año Nuevo, Un Ser Más Saludable! (Español)**
Enero 9 (jueves) 2:00 pm - 3:00 pm
Instructora: Georgina Martinez, Representante de Promoción de la Salud Digital con Independencia en Casa. ¿Pensando en tus propósitos de Año Nuevo? Idearlos es bastante fácil, pero mantenerlos a veces es más difícil de hacer. ¡Únase a nosotros para aprender cómo hacer y mantener las resoluciones de Año Nuevo para una vida más saludable!
- IHSS Safety Tips**
January 14th (Tuesday) 9:00 am - 10:30 am
Instructors: Care Partners | Support team to IHSS Recipients and their Care Providers. The session will provide suggestions that can help IHSS Care Providers to do the physical and emotional tasks safely, including many practical DO's and DON'Ts.
- Dementia Basics**
January 16th (Thursday) 10:00 am - 11:30 am
Instructors: Debbie Emerson, MS, CDP, Community Health Educator/Founding Partner & Gia Barsell, CDP, CEO/Founder
Since dementia dramatically changes the ways that individuals think, perceive, communicate, and behave, caring for a person living with dementia presents a unique set of challenges. Sage's dementia specialists will discuss the nature and progression of dementia and the various diseases and conditions that can produce its symptoms. Participants will gain a basic understanding of the ways in which dementia can impact the brain and behavior.
- Story Sharing: A Walk Down Memory Lane**
January 28th (Tuesday) 2:00 pm - 3:00 pm
Instructor: Georgina Martinez, Digital Health Promotion Representative with Independence @ Home. Story Sharing offers participants the opportunity to contemplate some of life's big questions and / or review their life experience and adventures with a group.

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Compartir Historias: Un Paseo por el Camino de los Recuerdos (Español)

Enero 30 (jueves) 2:00 pm - 3:00 pm

Instructora: Georgina Martinez, Representante de Promoción de la Salud Digital con Independencia en Casa. Story Sharing ofrece a los participantes la oportunidad de contemplar algunos de los grandes acontecimientos de la vida dudas y/o repasar su experiencia de vida y aventuras con un grupo.

[CLICK HERE OR USE THE QR CODE BELOW TO REGISTER FOR CLASSES!](#)



Contact us at (510) 577-3554 or PAtaining@acgov.org for any questions.